



**KANSAS WISE**  
WOMEN IN STATE EMPLOYMENT

## Kansas WISE Newsletter | December 6, 2022

**“Be thankful for what you have; you’ll end up having more.**

**If you concentrate on what you don’t have, you will never, ever have enough.”**

**– Oprah Winfrey**

The Kansas WISE Steering Committee wishes you all a wonderful holiday season!

The holidays can be warm and joyous as well as stressful and lonely. Between personal and professional demands, it's easy to overcommit this time of year. Be mindful of how you're feeling this holiday season, and make time for yourself to rest and recharge. Don't be afraid to say no or to ask for help.

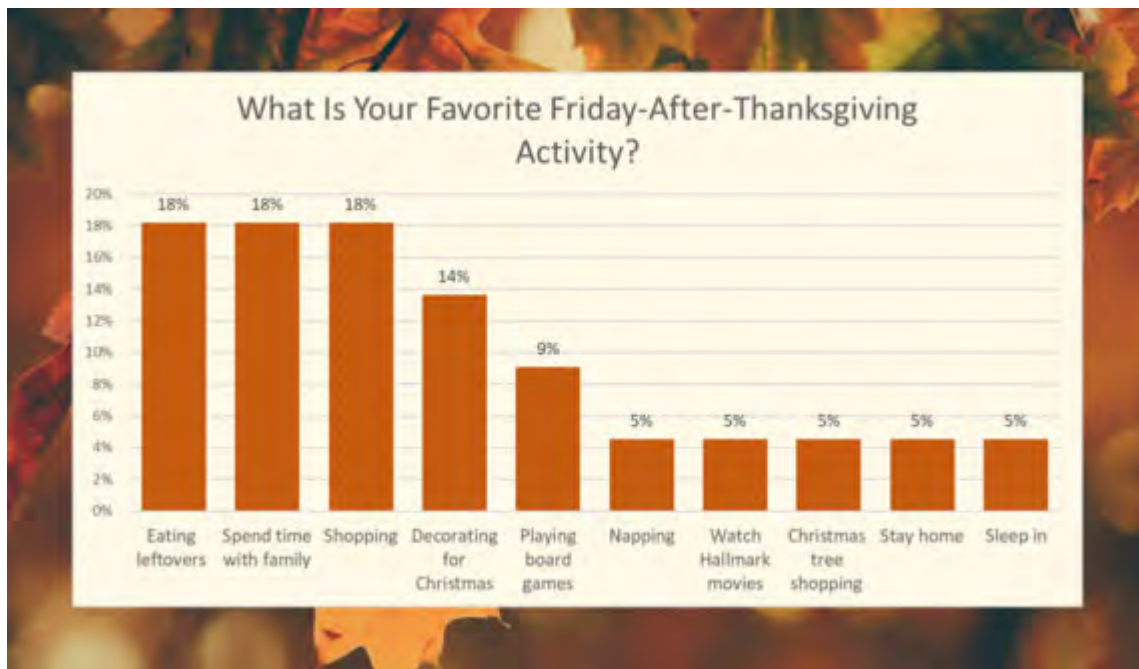
Check out these resources for tips on how to reduce holiday stress:

- [Stress, depression and the holidays: Tips for Coping. | The Mayo Clinic](#)
- [10 Realistic Ways to Set Boundaries with Others During the Holidays. | HuffPost](#)
- [The Most Difficult Time of the Year: Mental Health During the Holidays | National Alliance on Mental Illness](#)



## Question of the Month

Thank you to everyone who responded to the November Question of the Month:



**December Question of the Month:** What is your family's most unique holiday tradition? Those with ks.gov email addresses can respond [here](#); other state employees can email responses to [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov). Please respond by December 23.



## Women in 2022

As 2022 comes to a close, it's exciting to look back at the accomplishments women made throughout the year. From politics and entertainment to aviation and athletics, women across the globe have a lot to celebrate.

### Athletics - KC Current



After finishing the 2021 season with only 3 wins, the KC Current women's soccer club came back this season with 10 wins. Their much improved season qualified them for their first National Women's Soccer League (NWSL) Playoffs. They went on to play in the championship game against Portland. While Portland walked away with the win, the KC Current women had a phenomenal 2022 season. Read more about their season [here](#).

### Aviation - Zara Rutherford



Zara Rutherford gets out of the cockpit after landing her Shark micro-light plane at Fovv Hatzbrig, Belgium, Wapet 11 January. (Guenther/Wapet/Wapet/AP)

At 19 years old, Zara Rutherford set two records:

1. Youngest woman to fly around the world solo
2. First woman to circumnavigate the globe in a microlight aircraft

Read more about her journey [here](#).

## Exploration - Preet Chandi



Preet Chandi at the Union Glacier camp in Antarctica before her solo expedition to the South Pole. (Courtesy of Preet Chandi)

In January, [Preet Chandi](#) became the first woman of color to explore the South Pole solo. A British-Indian Army officer, she completed her journey in 40 days - ahead of goal. To set herself up for success to traverse the 700 miles of the South Pole, she spent several years training and preparing. Her regimen included international climbing trips, polar training expeditions, and dragging tires around.

## Government - Ketanji Brown Jackson



Supreme Court nominee Ketanji Brown Jackson is sworn in for her confirmation hearing on March 21. (Jason Gotsford/The Washington Post)

The Honorable Ketanji Brown Jackson was sworn in as the [116th Supreme Court justice](#) in June. Her confirmation and swearing in marked a historic moment for the Supreme Court as Justice Jackson is the first Black woman to serve on the court. She has extensive experience serving as a federal trial court judge and a public defender. She replaced Justice Stephen Breyer whom she clerked for after law school.



## Celebrating Our Achievements



### Topeka's Top 20 Under 40

This month, TK Business Magazine featured Topeka's Top 20 Under 40 young business professionals who are making a positive impact on the community. Of the 20 honorees, four are women who work for the State of the Kansas.

- **Dr. Jessica Dorsey**, Executive Director, Kansas Volunteer Commission with the Kansas State Department of Education - Learn more [here](#).
- **Jodi Litfin**, Former Assistant Solicitor General, Office of the Kansas Attorney General - Learn more [here](#).
- **Lauren Wolf**, Senior Registered Nurse Investigator, Kansas Attorney General's Office - Learn more [here](#).
- **Amber Smith**, Deputy Judicial Administrator and General Counsel, Office of Judicial Administration - Learn More [here](#).

Congratulations on your recognition and thank you for your service to Topeka!

---

Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it! **Please submit awards or achievements to [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov) for inclusion.**



## Kansas WISE

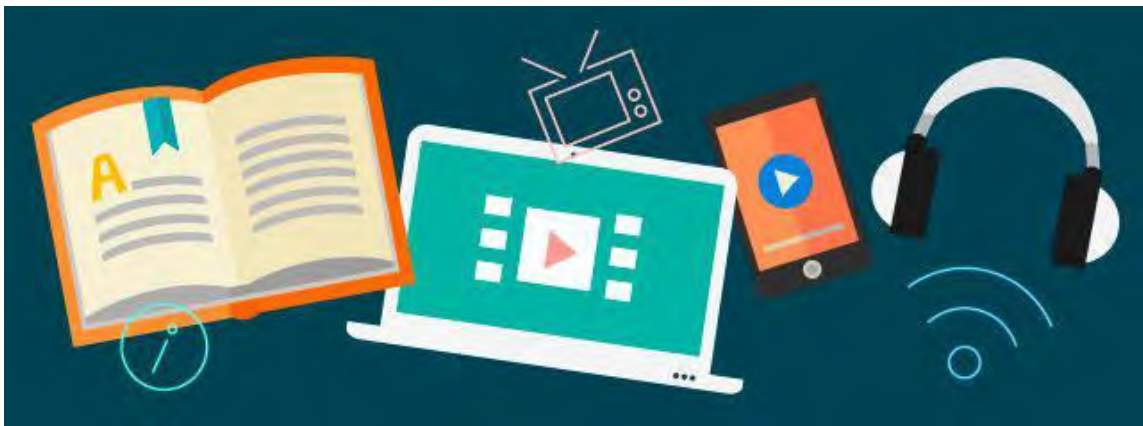
### Scam Awareness

Join the Kansas WISE Steering Committee for a presentation on scam awareness.

With the holiday season comes an increase in scam attempts, both online and over the phone. A representative from the Kansas Information Security Office and the Attorney General's Consumer Protection Division will educate participants on the warning signs to look for and what to do if impacted.

- **Date:** Wednesday, December 14
- **Time:** 11:00am - 12:00pm
- **Location:** Zoom
- **Registration:** Free and open to State of Kansas employees. [Register here.](#)

*We understand people are busy and schedules may prevent you from attending Kansas WISE events. Other information and opportunities are forthcoming so stay tuned!*



## Holiday Events in Kansas

In recognition of the holidays, check out a local community event near you. Events across Kansas include, but are not limited to:

- **Topeka Zoo Lights:** Ring in the Holiday season with Zoo Lights, returning for its third year. Stroll around the zoo and experience twinkling lights, dazzling displays, festive activities, and of course- Santa Claus! Ticket prices vary. - Topeka, KS - Now through December 28, 5:00pm - Purchase tickets [here](#).
- **Girard Christmas Parade & Festival:** Spend the evening on the Girard square for the parade and Christmas festivities. - Girard, KS, December 8, 6:00pm - More information [here](#).
- **Isle of Lights:** Come to Milford State Park for photos with Santa, a drive through light display, cookies, cocoa, and a petting zoo! \$5 daily park pass to enter the park. - Milford, KS, December 9-11 and 16-17, 5:30pm-8:00pm - More information [here](#).
- **Saint Lucia Festival:** Lindsborg celebrates Saint Lucia with a day of Swedish folk dancing, live music, and children's crafts. - Lindsborg, KS - December 10, 10:00am-4:00pm - More information [here](#).
- **Luminary Walk - The Arboretum by Candlelight:** Take a stroll along lit pathways to experience the magical Gnome and Fairy Villages, serene winter woods by candlelight, and the colorful Children's Garden. Enjoy musical performances and a visit with Santa. \$15 per person. Children 5 and under are free. - Overland Park, KS - December 2-3, 8-10, and 15-17, 5:00pm-10:00pm - Purchase tickets [here](#).
- **HealthQuest: A Happier, Healthier Holiday:** Join Certified Health Coach Amy Torres for a webinar on learning healthy ways to cope with holiday stressors! You'll receive nutrition tips to support a healthy immune system, and learn how to improve or maintain your physical health through the New Year. - Virtual - December 14, 11:00am-12:00pm - Register [here](#).
- **Jewish Federation of Greater KC Presents Bagel Bash:** Kick off Hanukkah visiting with old friends and making new friends. A ticket to the event includes 2 drinks, bagels and desserts, shuffleboard and ping pong, and a professional photo booth. \$20 per person until Dec. 11. - Kansas City, MO - December 17, 8:00am-12:00pm - Purchase tickets [here](#).
- **Kwanzaa Celebration:** Come to the 2nd Floor Rotunda of the Statehouse for a Kwanzaa celebration! - Topeka, KS - December 27, 3:00pm.

For a broader list of holiday events across Kansas, visit Travel KS at [TravelKS.com](https://www.travelks.com).

## Did You Know?

Did you know that our EAP offers a concierge service to help with work/life balance? If you're looking for information regarding childcare, elder care, event planning, travel, home improvement, housing, personal finances and more, they will research for you! Call 888-275-1205 or log in at [www.GuidanceResources.com](https://www.GuidanceResources.com) and click Work/Life Services.

State employees can subscribe using their state email address [here](#).

Anyone wishing to subscribe using their personal email address should email [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov) with their agency name. Kansas WISE is open to State of Kansas employees.

Please email us with any questions and feedback.

---

This email was sent to kansaswise@ks.gov using govDelivery Communications Cloud on behalf of: Kansas Department of Administration · Curtis State Office Building · 1000 SW Jackson, Suite 500 · Topeka, KS 66612-1300

